



6-8 MONTHS

Cereals

- **Offer infant cereal from a spoon.**

You can make the cereal thicker as your baby gets used to it. In a few weeks, your baby will probably eat 1-4 tablespoons once or twice a day. By 8 months, your baby will probably eat 4-8 tablespoons twice a day.

Vegetables

- **Start with plain, cooked vegetables.**

Try cooked, mashed carrots, spinach, squash, peas or green beans. Try one new vegetable at a time to make sure it agrees with your baby. Offer mixed vegetables when your baby is older.

- **2-4 tablespoons twice a day is the amount your baby will usually eat.**

Fruits

- **Offer plain fruits.**

Give your baby cooked, mashed peaches, pears, or apricots, mashed bananas, or applesauce. Fruit “desserts” or fruits with added sugar have too much sugar and not enough fruit.

- **Try one new fruit at a time to make sure it agrees with your baby.**
- **2-4 tablespoons twice a day is the amount your baby will usually eat.**
- **You can offer your baby 2-4 ounces of juice in a cup.**



Helpful Hints

- **Let your baby decide how much breastmilk, formula or food is enough!** Your baby will eat more when he or she is growing fast.
- **Hold your baby while feeding and then put your baby to bed.** Don't put your baby to bed with a bottle.
- **Wait at least 5 days between new foods.** If a new food does not agree with your baby and causes a stomachache, diarrhea, a skin rash, or other reaction, wait a month and offer it again. Your baby will be able to digest food better as he or she grows older.
- **Listen for the lid to “pop” when you open new jars of baby food.** If it doesn't “pop”, it could be spoiled. Throw it out or take it back to the store.
- **Always use a dish.** Don't feed your baby right out of the jar. Saliva will make the food spoil faster. Throw out food left in the dish at the end of a meal. Use refrigerated baby food within 2 days.
- **Your baby's tastes are different than yours.** Your baby's food does not need salt, sugar, butter, margarine, gravy or seasoning. The only seasoning your baby needs is love!



Adapted from the Louisiana WIC Program nutrition education materials and may not be revised or reproduced without permission from the Louisiana WIC Program.

Department of Health and Family Services
Division of Public Health
POH 4871 (09/98)

State of Wisconsin

